



# YMCA SOUTHCOAST

## Spring 2 Programs April 27 – June 21, 2026

Registration Opens:  
Members – March 30  
Non-Member Participants – April 6

# NO PLACE



*Like This Place*

# GLEASON FAMILY YMCA | SPRING 2 2026

## April 27 – June 21, 2026



### SWIM LESSON SELECTOR

#### STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### STAGE B WATER EXPLORATION

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

#### STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

#### STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

#### STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



### SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact Danielle Gilmore

FREE

### SWIM TESTING

By Appointment. Please contact Danielle Gilmore • All ages

15 Minutes or less: \$10 / 16-30 Minutes: \$20

### RIPTIDES COMPETITIVE SWIM TEAM

September 2025 – March 2026

Participants must be 6+ years of age by December 1st, 2025

Pricing varies by age and practice length.

### AMERICAN RED CROSS LIFEGUARDING

December break offering, dates and times TBD.

Participants must be 15+ years of age by last day of class

Members: \$375 | Program Participants: \$400

### HSI BLS, CPR OR FIRST AID CERTIFICATIONS

To schedule a class please contact Danielle Gilmore • Ages 13+

Members: \$50 | Program Participants: \$75

### HSI EMERGENCY USE OF MEDICAL OXYGEN CERT

To schedule a class please contact Danielle Gilmore • Ages 13+

Members: \$35 | Program Participants: \$50

### POOL HOURS

Monday– Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 3:30 pm

Sunday | 9:00 am – 12:30 pm

# GLEASON FAMILY YMCA | SPRING 2 2026

## April 27 – June 21, 2026



### AQUATICS

MON	TUES	WED	THURS	FRI	SAT	SUN
STAGE 1 PRESCHOOL 4:00-4:30pm	STAGE A/B PARENT/CHILD 10:45-11:15am	STAGE 1 PRESCHOOL 4:00-4:30pm	STAGE A/B PARENT/CHILD 10:45-11:15am	STAGE 3 PRESCHOOL 11:00-11:30am	STAGE 1 PRESCHOOL 9:00-9:30am	STAGE 2 PRESCHOOL 8:25-8:55am
AQUATIC CONDITIONING 4:15-5:00pm	STAGE 1 PRESCHOOL 11:20-11:50am	STAGE 1/2 YOUTH 4:00-4:30pm	STAGE 1 PRESCHOOL 11:20-11:50am	STAGE 2 PRESCHOOL 11:30am-12:00pm	STAGE 5/6 YOUTH 9:00-9:30am	STAGE 1 PRESCHOOL 9:00-9:30am
STAGE 2 PRESCHOOL 4:35-5:05pm	STAGE 4 YOUTH 4:00-4:30pm	AQUATIC CONDITIONING 4:15-5:00pm	STAGE 2 PRESCHOOL 12:00-12:30pm	STAGE 1 PRESCHOOL 4:00-4:30pm	STAGE A/B PARENT/CHILD 9:35-10:05am	STAGE 1/2 YOUTH 9:00-9:30am
STAGE 3 PRESCHOOL 4:35-5:05pm	STAGE 2 PRESCHOOL 4:35-5:05pm	STAGE 4 PRESCHOOL 4:35-5:05pm	STAGE 3 PRESCHOOL 4:00-4:30pm	STAGE 3 YOUTH 4:00-4:30pm	STAGE 4 PRESCHOOL 9:35-10:05am	STAGE A/B PARENT/CHILD 9:35-10:05am
STAGE A/B PARENT/CHILD 5:10-5:40pm	STAGE 3 YOUTH 5:10-5:40pm	STAGE 4 YOUTH 4:35-5:05pm	STAGE 4 YOUTH 4:35-5:05pm	STAGE 2 PRESCHOOL 4:35-5:05pm	STAGE 1 PRESCHOOL 10:10-10:40am	STAGE 3 PRESCHOOL 9:35-10:05am
STAGE 1 PRESCHOOL 5:10-5:40pm	STAGE 4 YOUTH 5:45-6:15pm	STAGE 3 PRESCHOOL 5:10-5:40pm	STAGE 3 YOUTH 5:10-5:40pm	STAGE 5/6 YOUTH 4:35-5:05pm	STAGE 2 PRESCHOOL 10:10-10:40am	STAGE 1 PRESCHOOL 10:10-10:40am
STAGE 1/2 YOUTH 5:45-6:15pm		STAGE 3 YOUTH 5:10-5:40pm	STAGE 1/2 YOUTH 5:45-6:15pm	STAGE 1/2 YOUTH 5:10-5:40pm	STAGE 4 YOUTH 10:10-10:40am	STAGE 3 YOUTH 10:10-10:40am
STAGE 4 PRESCHOOL 5:45-6:15pm		STAGE 2 PRESCHOOL 5:45-6:15pm		STAGE 4 YOUTH 5:10-5:40pm	STAGE 2 PRESCHOOL 10:45-11:15am	STAGE A/B PARENT/CHILD 10:45-11:15am
TEEN/ADULT LESSONS 6:30-7:00pm		STAGE 5/6 YOUTH 5:45-6:15pm		STAGE A/B PARENT/CHILD 5:45-6:15pm	STAGE 3 PRESCHOOL 10:45-11:15am	STAGE 2 PRESCHOOL 10:45-11:15am
				TEEN/ADULT LESSONS 5:45-6:15pm	STAGE 3 YOUTH 10:45-11:15am	STAGE A/B PARENT/CHILD 10:45-11:15am
					STAGE 1 PRESCHOOL 11:20-11:50am	STAGE 4 YOUTH 11:20-11:50am
					STAGE 1/2 YOUTH 11:20-11:50am	

**SWIM LESSONS**  
 Members | \$80  
 Program Participants | \$160

# GLEASON FAMILY YMCA | SPRING 2 2026

## April 27 – June 21, 2026



Check out some of our programming for the Spring 2 Session!

Registration begins April 13<sup>th</sup> for YMCA members and April 20<sup>th</sup> for Program Participants



### MAGSTAR DANCE

SUNDAY • 9-9:30am • Ages 3-5

SUNDAY • 9:45-10:15am • Ages 6-8

Members: \$73 | Program Participants: \$130



### TEEN STRENGTH

Monday & Wednesday • 4:00-5:00pm • Ages 8-12

Monday & Wednesday • 5:00-6:00pm • Ages 13-17

Members: \$160 | Program Participants: \$222



### AIKIDO

Thursday • 5:30pm • Ages 4-5

Saturday • 12:30pm • Ages 4-6

Members: \$79 | Program Participants: \$114

Thursday • 6:00pm • Ages 6-9

Saturday • 1:00pm • Ages 6-9

Members: \$79 | Program Participants: \$114

Thursday • 6:45pm • Ages 9+

Saturday • 1:45pm • Ages 9+

Members: \$150 | Program Participants: \$220

### SPORTS MIX

Tuesday & Thursday 10:15am | AGES 2-4

Members: \$73 | Program Participants: \$130

### PRE-SCHOOL PLAY GROUP

Tuesday & Thursday 9:30am | AGES 2-4

Members: \$73 | Program Participants: \$130



SCAN TO  
VISIT OUR  
WEBSITE

### CHILD WATCH

FREE for Members

6 Months- 7 years old

Monday, Wednesday, Friday • 8:30am-12:30 pm

Tuesday & Thursday • 8:30am-11:30am

Monday - Friday • 4:00pm- 7:30 pm

Saturday • 8:30am- 11:30am



### HEALTHY KIDS DAY

SATURDAY MAY 16, 11am-1pm

A free family friendly community event that brings together community partners to demonstrate ways to help keep kids healthy, active & engaged all summer. Walt's Mobile Closet Essential Women's Event will be a participant.

### FREE FOR ALL TO ATTEND

### SCHOLASTIC BOOK FAIR

MAY 8 - 15

Shop for summer reading, birthday gifts, end-of-year teacher gifts, or vacation reading at our annual Spring Book Fair in the lobby. Open to all during normal business hours.

Open to all in community to shop

### PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320



### BUILDING HOURS

Monday- Friday | 5:00am - 9:00 pm

Saturday | 7:00 am- 4:00 pm

Sunday | 9:00 am- 1:00 pm



# NEW BEDFORD YMCA | SPRING 2 2026

## April 27 – June 21, 2026



### SWIM LESSON SELECTOR

#### STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### STAGE B WATER EXPLORATION

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

#### STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

#### STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

#### STAGE 4 STROKE INTRODUCTION

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#### STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



#### ADULT SWIM LESSONS

Beginner: Tuesdays 7:30pm and Wednesdays 7pm

Members: \$80 | Program Participants: \$160

Intermediate: Thursdays 7:30pm (45 minutes)

Members: \$120 | Program Participants: \$240

#### TROPICAL STORM

TUESDAYS AND THURSDAYS / 4:30PM AGES 10 AND UNDER, 6:30PM AGES 11 AND OVER

- For students who have completed stage 5/6 and have a strong understanding of the strokes with the ability to swim 25 yards. Please email [swhite@ymcasc.org](mailto:swhite@ymcasc.org) to set up an evaluation prior to registration

Members: \$160 | Program Participants: \$320

#### PRIVATE LESSONS

CALL OR EMAIL TO SCHEDULE / ALL AGES

- Classes are scheduled based on both pool and instructor availability, as well as your personal schedule. Classes are one on one with an instructor. For inquiries please email [swhite@ymcasc.org](mailto:swhite@ymcasc.org).

Members: \$250 | Program Participants: \$350

#### SEMI - PRIVATE LESSONS

CALL OR EMAIL TO SCHEDULE / ALL AGES

- Classes are scheduled based on both pool and instructor availability, as well as your personal schedule. Typically, each class accommodates two students or similar age and skill level. For inquiries please email [swhite@ymcasc.org](mailto:swhite@ymcasc.org).

Members: \$150 | Program Participants: \$250

#### CREATE YOUR OWN SWIM CLASS

CALL OR EMAIL TO SCHEDULE / ALL AGES

- Designed for 3 or more swimmers of similar age and skill level who would like to take lessons together. Families can work with aquatic staff to choose dates and times that fit their schedules.

Members: \$10/class | Program Participants: \$20/class

#### DROP IN SWIM CLASSES

CALL OR EMAIL FOR SCHEDULE / ALL AGES

- Register for individual classes and pay per lesson instead of enrolling in an 8 week program. Perfect for families who need a more flexible schedule while still building swim skills and water confidence.

Members: \$15/class | Program Participants: \$25/class

### POOL HOURS

Monday- Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 4:45 pm

Sunday | 7:00 am – 4:45 pm

# NEW BEDFORD YMCA | SPRING 2 2026

## April 27 – June 21, 2026



### AQUATICS

MON	TUES	WED	THURS	FRI	SAT	SUN
PRE-K STAGE C 5:30PM	PARENT/CHILD STAGE A/B 6PM	PRE- K STAGE 1/2 4PM 5PM	PARENT/CHILD STAGE A/B 10AM 5PM	PRE-K STAGE 1/2 4:30PM 5:30PM	PARENT/CHILD STAGE A/B 10AM 10:30AM	
PRE-K STAGE 1/2 4PM 5PM	PRE-K STAGE C 5:30PM	PRE-K STAGE 3/4 4:30PM	PRE-K STAGE C 10:30AM 5:30PM	PRE-K STAGE 3/4 4PM 5PM	PRE-K STAGE C 11AM	
PRE-K STAGE 3/4 5PM	PRE-K STAGE 1/2 4PM 4:30PM	YOUTH STAGE 1/2 4:30PM 5:30PM	PRE-K STAGE 1/2 11AM 4PM 4:30PM 6PM	YOUTH STAGE 1/2 5PM	PRE-K STAGE 1/2 9AM 9:30AM 10:30AM 11:30AM	
YOUTH STAGE 1/2 4:30PM 6PM	PRE-K STAGE 3/4 5PM	YOUTH STAGE 3 4PM 6PM	PRE-K STAGE 3/4 5:30PM	YOUTH STAGE 3 4:30PM 5:30PM	PRE-K STAGE 3/4 9:30AM 11AM	
YOUTH STAGE 3 4PM 5:30PM	YOUTH STAGE 1/2 4PM 6:30PM	YOUTH STAGE 4 6PM	YOUTH STAGE 1/2 7PM	YOUTH STAGE 4 4PM	YOUTH STAGE 1/2 9:30AM 11AM	
YOUTH STAGE 4 4:30PM	YOUTH STAGE 3 4:30PM	YOUTH STAGE 5/6 6:30PM	YOUTH STAGE 3 4PM 6:30PM	YOUTH STAGE 5/6 5PM 6:30PM	YOUTH STAGE 3 10AM	
YOUTH STAGE 5/6 6:30PM	YOUTH STAGE 4 4:30PM 5PM		YOUTH STAGE 4 4PM 6PM		YOUTH STAGE 4 9AM 10:30AM	
	YOUTH STAGE 5/6 5PM				YOUTH STAGE 5/6 9AM 11:30AM	

**SWIM LESSONS**  
 Members | \$80  
 Program Participants | \$160

# NEW BEDFORD YMCA | SPRING 2 2026

## April 27 – June 21, 2026



Check out some of our programming for the Winter Session!

Registration begins February 2nd for YMCA members and February 9<sup>th</sup> for Program Participants

### SOCCER SKILLS AND DRILLS

Thursdays 6pm-6:45pm | AGES 4-6

Thursdays 6:45pm-7:30pm | AGES 7-9

Wednesdays 6pm-6:45pm | AGES 10-12

Come learn the game of soccer through engaging skills and drills designed to build confidence, teamwork, and technique. \*\*Participants must wear sneakers and shinguards.\*\*

**Members: \$75 | Program Participants: \$110.00**

### KIDS NIGHT OUT

May 29<sup>th</sup> 5:45pm-8:15pm | AGES 6-12

Come enjoy an evening of excitement and activities! Pizza, games and swimming

**Members: \$30 | Program Participants: \$55**

### TEENS NIGHT OUT

May 30<sup>th</sup> | AGES 13-17

NO ADULTS ALLOWED! Come hang out and take over the building. Enjoy music, food/snacks, vibes and good times.

**Members: \$FREE | Program Participants: \$FREE**

### PRESCHOOL

Monday-Friday | 2.9-5 years old

Space is Limited

### TANG SOO DO

Fridays 5pm | Beginners AGES 6+

**Members: \$126 | Program Participants: \$148**

### TANG SOO DO

Fridays 6pm | Advanced AGES 7+

**Members: \$126 | Program Participants: \$148**

### PERSONAL TRAINING

Various times and days available

#### 60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

#### 30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320



SCAN TO  
VISIT OUR  
WEBSITE

### BUILDING HOURS

Monday- Friday | 5:00am – 9:00 pm

Saturday | 7:00 am- 4:00 pm

Sunday | 9:00 am- 1:00 pm

# DARTMOUTH YMCA | SPRING 2 2026

## April 27 – June 21, 2026



Check out some of our programming for the Spring 2 Session!  
Registration begins March 30<sup>th</sup> for YMCA members and April 6<sup>th</sup> for Program Participants

### TINY TIGERS TANG SOO DO

Tuesdays 5:15–5:45pm | AGES 4–6

In this class, participants will learn about teamwork, balance, self control and hand eye coordination.

**Members: \$80 | Program Participants: \$104**

### KARATE KIDS TANG SOO DO

Tuesdays 6–7 | AGES 7+

In this class, participants will learn the benefits of Tang Soo Do, as well as teamwork, fair play, and positive character. They will develop a sense of self satisfaction, while learning that with hard work anything is possible.

**Members: \$144 | Program Participants: \$192**

### TRAIN WITHOUT A TRAINER!

Individual Program Design

Start with custom training consultation with Wellness Coordinator, Dyana Meehan to identify your goals and habits

Work together to develop a personalized workout plan to follow for 6–8 weeks.

Check in weekly to assess your progress and goals

**Members: \$75**

### PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972



30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320



SCAN TO VISIT OUR WEBSITE

### KIDS NIGHT OUT: NERF NIGHT!

Friday, May 15th 5:30–8:00PM | AGES 5–12

Join us for our FINAL Nerf battle of the school year! Play dodge ball & capture the flag style games with your favorite foam darts. Wear comfortable clothes, and either bring your own Nerf (or similar) blaster & safety glasses or borrow one of ours! Pizza dinner & foam darts will be provided.

Pre-Register no later than Thursday, 5/14

**Members: \$30 | Program Participants: \$35**



### INFORMATIONAL SUMMER CAMP OPEN HOUSE

Friday, June 5th 5:30PM–6:30PM | AGES 4–15

Are you registered to attend Camp Metacomet this summer? Come on down to the Y ahead of the season to take a tour of the facility, and take the opportunity to ask our staff about what camp is like.



**FREE | Must be registered for Summer Day Camp**

### YOUTH ARCHERY LESSONS

Wednesdays 5:30PM–6:30PM | AGES 8–12

Develop your Archery Skills today at the YMCA! Over the course of 8 sessions, participants will learn foundational archery skills through hands on practice and instruction with our Level 1 USA Archery Instructor. This class is aimed at novice/beginner archers.

Make sure to bring a reusable water bottle, wear close toed shoes and comfortable clothing, and remove loose jewelry.

Archery equipment is provided during lessons.

**Members \$160 | Program Participants \$200**



### BUILDING HOURS

Monday– Friday | 6:00am – 7:00 pm

Saturday | 8:00 am– 1:00 pm

Sunday | Closed



# FALL RIVER YMCA | SPRING 2 2026

## April 27 – June 21, 2026



### SWIM LESSON SELECTOR

#### STAGE A WATER DISCOVERY

A parent/child class which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

#### STAGE B WATER EXPLORATION

Parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

#### STAGE 1 WATER ACCLIMATION

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water. This stage lays the foundation that allows for a student's future progress in swimming.

#### STAGE 2 WATER MOVEMENT

Students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

#### STAGE 3 WATER STAMINA

Students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

#### STAGE 4 STROKE INTRODUCTION

Students develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

#### STAGE 5 STROKE DEVELOPMENT

Students work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

#### STAGE 6 STROKE MECHANICS

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.



### SWIM LESSON PLACEMENT EVALUATION

By Appointment. Please contact Joseph Martin

FREE

### SWIM TESTING

By Appointment. Please contact Joseph Martin • All ages

### PRE SWIM TEAM

Monday and Wednesday 5:30- 6:30pm

For students who have completed 5/6 and have a strong understanding of the strokes and the ability to swim 25 yards of the pool. please email [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org)

### PRIVATE LESSONS

Call or email: [jmartin@ymcasc.org](mailto:jmartin@ymcasc.org)

Package of 5 private lessons

Members: \$ 150 | Program Participants: \$ 250

### SEMI PRIVATE

To schedule a class please contact Joseph Martin

Members: \$ 230 | Program Participants: \$ 330

### POOL HOURS

Monday- Friday | 5:00 am – 8:45 pm

Saturday | 7:00 am – 3:30 pm

Sunday | 9:00 am – 12:30 pm

# FALL RIVER YMCA | SPRING 2 2026

## April 27 – June 21, 2026



### AQUATICS

MON	TUES	WED	THURS	SAT	SUN
Pre K 1/2 4pm	Youth 1/2 4pm	Pre K 1/2 10am 10:30am 4:30pm	Stage A/B 5:30pm	Pre K 1/2 10am	Stage A/B 10AM 11:30AM
Pre K 3/4 4:30pm	Youth 3 4:30pm	Pre K 3/4 11am 5pm	Pre K 1/2 4:30pm	Pre K 3/4 9:30am	Pre K 1/2 11am
Youth 1/2 4:30pm	Youth 5/6 5pm	Youth 1/2 4pm 4:30pm	Pre K 3/4 5:30pm	Youth 1/2 9:30am 10:30am	Pre K 3/4 10:30am
Youth 4 4pm		Youth 3 4pm	Youth 1/2 4:30pm	Youth 3 10:30am 11am	
Youth 5/6 5pm		Youth 5/6 5pm	Youth 4 5pm	Youth 4 9am 10am	
Pre Swim Team 5:30pm		Pre Swim Team 5:30pm		Youth 5/6 11:30am	
				Adult Beginner 11am	

**SWIM LESSONS**  
 Members | \$80  
 Program Participants | \$160

# FALL RIVER YMCA | SPRING 2 2026

## April 27 – June 21, 2026



Check out some of our programming for the Winter Session!

Registration begins February 2nd for YMCA members and February 9<sup>th</sup> for Program Participants

### YOUTH BASKETBALL SKILLS

Thursdays • 6:00pm – 7:00pm • Ages 5–8

Thursdays • 7:00pm – 8:00pm • Ages 9–12

This 6-week course will focus on fundamental basketball skills. Kids will improve their play while gaining a love for the game.

**Members: \$95 | Program Participants: \$120**

### BAKING BUDDIES

Tuesdays • 6:15pm–7:15 pm • Ages 7–12

Kids will learn to mix, measure, and make delicious treats in this fun 5-week baking class! Each week features a new recipe and hands-on kitchen fun with friends.

**Members: \$65 | Program Participants: \$90**

### TODDLER PLAYTIME

Mondays • 5:30pm–6pm • Ages 2–5

In this 5-week class, toddlers will explore basic sports and play in a social, supportive environment. It's all about movement, making friends, and building confidence through play.

**Members: \$50 | Program Participants: \$75**

### CHILD WATCH

FREE for Members; \$3 for Program Participants  
6 Months– 10 years old



Monday & Friday • 9:00am–12:00 pm

Monday – Thursday • 4:00pm– 7:30 pm

Saturday • 8:00am– 12:00 pm

### GET STARTED

VARIOUS DAYS & TIMES AVAILABLE

A complimentary one-on-one session with a Wellness Coach to become familiar with the Wellness Center equipment.

**Members: FREE**

### PERSONAL TRAINING

Various times and days available

60-Minute Session:

Members: \$54 per session

- 6 Pack/ \$324
- 10 Pack/\$486
- 20 Pack/\$972

30-Minute Session:

Members: \$32 per session

6 Pack/\$170

12 Pack/\$320



SCAN TO  
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WEBSITE

### BUILDING HOURS

Monday– Friday | 5:00am – 9:00 pm

Saturday | 7:00 am– 4:00 pm

Sunday | 9:00 am– 1:00 pm

# STOICO/FIRSTFED YMCA | SPRING 2 2026

## April 27 – June 21, 2026



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Registration begins April 13<sup>th</sup> for YMCA members and April 20<sup>th</sup> for Program Participants

### TODDLER TUMBLE

Saturdays May 2<sup>nd</sup> - June 13<sup>th</sup> • 9:30-10:00a  
Ages 3-4

Members: \$60 | Program Participants: \$70



### KIDS & TEENS NIGHT OUT

Friday April 17<sup>th</sup> • 6:00-8:00p • Ages 5-12  
Friday May 22<sup>nd</sup> • 6:00-8:00p • Ages 5-12  
Friday April 24<sup>th</sup> • 7:00-9:00p • Ages 12-18  
Friday May 29<sup>th</sup> • 7:00-9:00p • Ages 12-18

Members: \$20 | Program Participants: \$25



### YOUTH BASKETBALL SKILLS

Thursday • 5:00-5:45p • Ages 5-7  
Members: \$75 | Program Participants: \$95  
Thursday • 5:45-6:45p • Ages 8-14  
Members: \$80 | Program Participants: \$100



### TODDLER BALL

Thursday 4:30-5:00p | Ages 2-4  
Members: \$65 | Program Participants: \$85



### MUSIC MEDLEY DANCE

Saturdays May 2<sup>nd</sup> - June 13<sup>th</sup> • 9:00-9:30a • Ages  
18 months-2 years

Members: \$60 | Program Participants: \$70



### JR. CHEFS

Monday 6:00-6:45p | Ages 5-12  
Members: \$80 | Program Participants: \$100



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### CHILD WATCH

FREE for Members  
6 Months- 11 years old



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Monday - Thursday • 4:30pm-7:00pm

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SATURDAY MAY 16, 11am-1pm

A free family friendly community event that brings together community partners to demonstrate ways to help keep kids healthy, active & engaged all summer. Walt's Mobile Closet Essential Women's Event will be a participant.

FREE FOR ALL TO ATTEND

### SCHOLASTIC BOOK FAIR

MARCH 30<sup>th</sup> - APRIL 4<sup>th</sup>

Shop for summer reading, birthday gifts, end-of-year teacher gifts, or vacation reading at our annual Spring Book Fair in the lobby. Open to all during normal business hours.

Open to all in community to shop

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